



Office of
Mental Health

OMH Wellness Groups

<https://meetny-gov.webex.com/meet/anika.royal-washington>

Join by Phone:

+1-929-251-9612 United States Toll (New York City)

+1-415-527-5035 United States Toll

Access Code: 2838 175 9152

For questions or feedback, please email:

omh.wellnessgroups@omh.ny.gov

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro *See Breath-Body-Mind Calendar For Sessions	2 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D. Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC *See Breath-Body-Mind Calendar For Sessions	3
6 Monday Meditation (12-12:15pm) Click to Join Marilyn McKee, PH.D. Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Jordan Orayfig, B.A. Sc Click to Join *See Breath-Body-Mind Calendar For Sessions	7 *See Breath-Body-Mind Calendar For Sessions	8 3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro *See Breath-Body-Mind Calendar For Sessions	9 *See Breath-Body-Mind Calendar For Sessions	10
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